

# Why You Keep Attracting The Same Wrong Partners And How To Finally Solve It

Are you tired of ending up in toxic relationships, feeling stuck in a pattern of attracting the same type of partner over and over again? It's frustrating, draining, and can leave you feeling hopeless. But fear not, because there is a way to break free from this cycle and find the healthy, loving relationship you deserve. In this article, we will explore the reasons behind why you keep attracting the same wrong partners and provide effective strategies to finally solve this issue.

## The Power of Familiarity

One of the main reasons why we are drawn to the same type of partners repeatedly is due to the power of familiarity. Our subconscious minds are wired to seek out what feels familiar, even if it's not necessarily good for us. This familiar pattern could stem from our childhood experiences or past relationships. It becomes like a comfort zone, even if it brings us pain and suffering.

Identifying the patterns in your past relationships is crucial in order to break this cycle. Reflect on the common traits, behaviors, or situations that you consistently encounter in your romantic relationships. Once you become aware of these patterns, you can actively work towards eliminating them from your life.



## Same Sh\*t. Different Date.: Why You Keep Attracting The Same Wrong Partners – And How To Finally Solve It! by Dave Elliott (Kindle Edition)

★★★★☆ 4.9 out of 5

Language : English

File size : 10024 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 226 pages



## **The Role of Self-Worth**

Another important factor that contributes to attracting the wrong partners is low self-worth. When we don't value ourselves enough, we tend to settle for less than what we deserve. This lack of self-esteem can manifest itself in various ways, such as tolerating mistreatment, accepting toxic behavior, or even seeking out partners who are emotionally unavailable.

Building your self-worth is a vital step towards breaking this cycle. Start by practicing self-care, setting healthy boundaries, and prioritizing your own happiness. Surround yourself with supportive, loving people who uplift you and remind you of your worth. As you develop a strong sense of self, you will naturally attract partners who appreciate and value you.

## **Unresolved Emotions and Trauma**

Often, our past traumas and unresolved emotions play a significant role in attracting the wrong partners. If you haven't properly healed from previous painful experiences, you may unconsciously seek out relationships that mirror the unresolved issues within you. These unresolved emotions can range from childhood abandonment to heartbreak in past relationships.

It's crucial to address and work through these unresolved emotions and traumas in order to break the cycle. Consider seeking therapy or counseling to gain insight into your past experiences and learn healthy coping mechanisms. By

understanding and processing your emotions, you can free yourself from the grip of your past and create space for healthier, more fulfilling relationships.

## **Changing Your Mindset and Behavior**

Attracting the right partner requires a shift in mindset and behavior. Once you've identified the patterns and underlying issues, it's time to make conscious changes in your approach to relationships. This includes recognizing and challenging negative beliefs about yourself and relationships.

Focus on self-growth and self-improvement. Engage in activities that bring you joy and help you discover your true passions. Take the time to understand what you truly want and need in a relationship. Visualize yourself in a healthy, loving partnership that aligns with your values and goals.

Additionally, be patient and allow yourself to take breaks from dating if needed. Use this time to nurture yourself, build your confidence, and establish a strong foundation of self-love. Remember, attracting the right partner is a journey, and it may require time and effort to find the perfect match.

Breaking the cycle of attracting the same wrong partners is a transformative journey that requires self-reflection, personal growth, and the willingness to make changes. By identifying the patterns, building your self-worth, addressing unresolved emotions, and shifting your mindset, you can finally break free from toxic relationships and find the loving, healthy partnership you deserve.

Remember, you have the power to choose your own path and create the kind of relationship that brings happiness and fulfillment into your life. Take the first step towards change today and watch as your love life transforms for the better. You deserve it.



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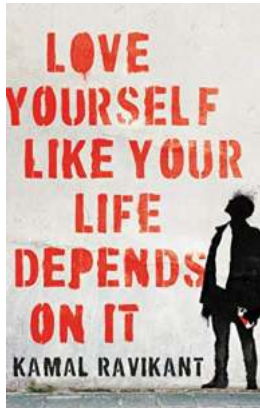
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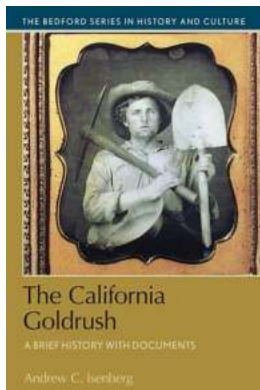
If you're going to keep getting the same old lessons, you may as well learn from them. You may have heard the old saying, "same sh\*t, different day." It's kind of a darkly comic suggestion that the more things change, the more they stay the same as old, monotonous patterns repeat themselves again and again. In this book by a similar title, relationship coach and expert, Dave Elliott, makes it clear that the exact same process is also happening and creating difficulties in your dating and love life. The result is "Same Shit. Different Date." As he points out, it's not a coincidence when the same old buttons keep getting pushed by all new people. It's not "luck of the draw" when lovers turn to critics. It is not happenstance when you keep attracting the same old issues like partners who are unavailable or who cheat. While it may be cruel, it's no twist of fate either when totally different people – who seemed nice in the beginning – turn into harsh critics who shame, abuse and belittle. Even if you're married or in an exclusive relationship, this book will show you how all those random arguments that seemingly have nothing in common aren't so random after all. In fact, they're directly related and 100% predictable. Not to mention, 100% healable. Once you make this connection and recognize how it's affected you in the past, you can

begin to change your future. In fact, with your new awareness – and the tools shared within – those hidden saboteurs that continue to trip you up time after time will soon come into view. The good news for you is that once you discover the invisible ties that bind your past and present upsets and heartbreaks, new possibilities are created in a moment. That's because once your secret saboteurs have been revealed, they can begin to be healed.



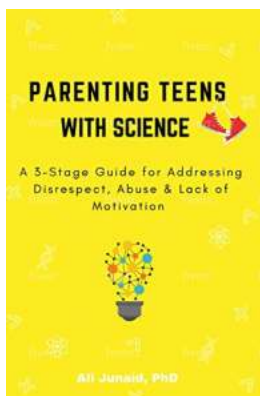
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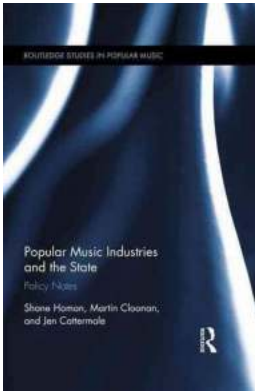
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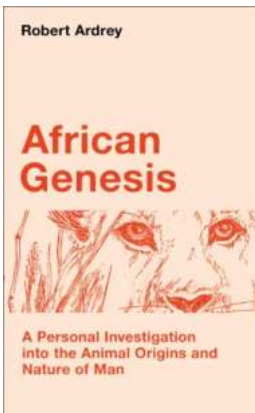
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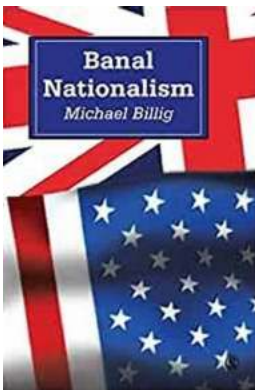
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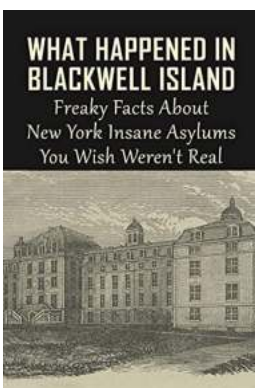
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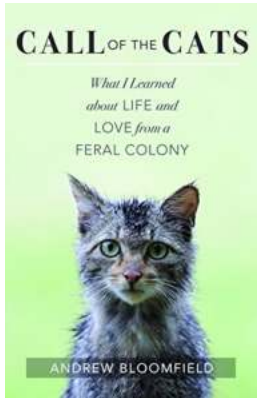
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